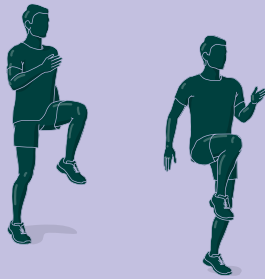


**SQUATS** x



C  
**6**

I

**8**

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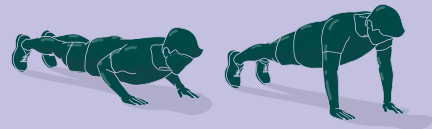
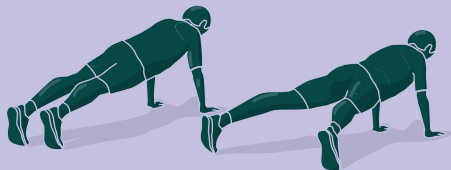
**8**

T



x **MONTÉES DES  
GENOUX**

**POMPES** x



x **SAUTS ÉCARTÉS  
EN PLANCHE**

**BATTEMENTS DE  
JAMBES PAPILLON** x



x **MOUVEMENTS DU  
GRIMPEUR**